■ ENTERTAINMENT/A2-6



Gretchen on text spat: Bong hasn't stopped calling

■ SPORTS/A19

Phil Mickelson nails second Masters title

■ WORLD/A18

Top US Marine regrets Iraq invasion, wants Rumsfeld out

■ NEWS/A5

Oil firms jack up prices of gasoline, diesel again

email: feedback@inquirer.com.ph

PHILIPPINE DAILY INQUIRER

BALANCED NEWS, FEARLESS VIEWS

Tuesday, April 11, 2006 ★★ Vol. 21 / No. 124 website: www.inq7.net

Black Saturday special nonworking holiday

MALACAÑANG HAS DECLARED BLACK SATURDAY, April 15, a special nonworking holiday nationwide to give Filipinos more time to mark one of Christendom's most cherished traditions.

"Our people must be given the full and uninterrupted opportunity to ponder on the significance of the Holy Week and to properly observe its traditions with religious fervor, without prejudice to

BLACK A4

Flying out? Don't carry 'dangerous' seasonings

By Nikko Dizon

EVER WONDER WHY THE Filipinos' favorite seasonings like bagoong (shrimp paste), suka (vinegar), toyo (soy sauce) and patis (fish sauce) are not allowed on aircraft?



FLYING A4

Davide calls for revamp of Comelec



PRESIDENT Macapagal-Arroyo shares a light moment with newly inducted Election Commissioner Rene Sarmiento in Malacañang.

Submits 6 names as possible members

By Jolene R. Bulambot, PDI Visayas Bureau, Gil C. Cabacungan Jr. and Jerome Aning

RETIRED CHIEF JUSTICE Hilario Davide Jr. has pushed for a revamp of the Commission on Elections and submitted to Malacañang the names of six people "of integrity" as possible commissioners of a poll body tainted with allegations of fraud and connivance with politicians.

The Palace yesterday said President Macapagal-Arroyo would seriously consider the Davide recommendations.

"Coming from the former Chief Justice himself, the President will give that short list a lot of weight," Press Secretary Ignacio Bunye said in an interview.

Speaking to the Inquirer in Cebu City, Davide, the President's adviser on electoral reforms, stressed the urgency of reforming

DAVIDE A4

Makati businessmen also warn GMA on hasty Cha-cha drive

By Christian V. Esguerra, Norman Bordadora and TJ Burgonio

THE INFLUENTIAL MAKATI Business Club yesterday joined the Catholic Church hierarchy in warning the Arroyo administration against hastily pushing for a parliamentary system, saying this will have a negative impact on the country and the economy.

Reflecting the concerns raised by bishops in a pastoral letter on Friday, the business group cautioned against "the hasty and haphazard manner in which the government is pushing for constitutional amendments."

"Such a fast-track process, without benefit of enlightened public discussion and debate on the merits of a constitutional amendment, may have negative effects on the economy," the MBC said.

In its pastoral letter, the Catholic Bishops Conference of the Philippines expressed alarm over the administration-backed "people's initiative" to gather the signatures of 12 percent of registered voters and 3 percent of them in each legislative district to pave the way for amending the 1987 Constitution and introduce a parliamentary system of government.

MAKATI A6



MUTINOUS Army Capt. Gerardo Gambala talks about a Right-Left coup plot in Malacañang's latest video documentary.

Palace video presents mutineer as witness

By Christine O. Avendaño

A NEW MALACAÑANG VIDEO documentary on the coup attempt in February has a "surprise witness" who claims that an alliance between rightist elements and communist rebels started after the Oakwood mutiny in 2003.

The surprise witness is none other than Army Capt. Gerardo Gambala, one of the leaders of Magdalo, the group of young officers who led the mutiny. He is in detention at Fort Bonifacio and is charged with coup d'etat.

The supposed alliance, aimed at ousting President Macapagal-Arroyo, was one of the justifications the President gave for declaring a state of national emergency on Feb. 24. She lifted the state of emergency a week later.

"Alyansang sa Kataksilan" (Alliance in Treachery) opened with Gambala saying that representatives from the Left had made efforts to "make ties with us."

"They approached us to talk about building an alliance with them in an effort to seize power," Gambala said.

Malacañang previewed the 18-minute documentary yesterday to buttress its contention that the Feb. 24 coup attempt was the handiwork of the Right and the Left.

In the documentary, Gen. Generoso

PALACE A4

GMA'S SUPREME SACRIFICE

Opposition pushes snap poll

By Michael Lim Ubac and Gil C. Cabacungan Jr.

AFTER BUNGLING AN IMPEACHment attempt last year against President Macapagal-Arroyo and failing to get her to step aside, the opposition is urging her this Holy Week to "make the supreme sacrifice" and call a snap election.

Malacañang has dismissed a similar suggestion, earlier broached by Sen. Edgardo Angara.

The Palace also has a retort to critics who persist in reminding Filipinos that public surveys show how much the 59-year-old President is disliked and how her ousted predecessor, Joseph Estrada, is loved.

"We are past the era of counting popularity points," said Press Secretary Ignacio Bunye.

"Popularity will not guarantee jobs, investments, social justice or law and order—this has been clearly shown by recent history," said Bunye, referring to Estrada's landslide win in 1998 and his disappointing performance in his three years in office.

OPPOSITION A13

Outsourcing seen as growth engine

OUTSOURCING IS THE WAY FORward for the Philippines, with employment, revenues and investments from the sector expected to rise by at least 40 percent this year, according to Economic Planning Secretary Romulo Neri.

While call centers are now at the forefront, other big business process outsourcing firms are expanding their operations beyond call centers in this English-speaking Southeast Asian country, Neri said in a statement issued yesterday.

He cited a study jointly sponsored by the trade department's Board of Investments and two industry groups—the Business Process Association of the Philippines and the Commission on Information, Communication and Technology—that forecast outsourcing jobs rising by 44 percent this year compared to 2005.

The study also projected outsourcing revenues would grow by 52 percent and investments by 42 percent in 2006, Neri said.

He said the study forecast investments would be around P12 billion ($234.83 million) this year and predicted that up to 1.2 million people would be employed in the sector in 2010 compared to 233,000 people at present.

"Outsourcing is a sector with much dynamism. Companies are also getting more creative to respond to industry demand. For example, some firms are buying warehouses because of the lack of office space," Neri said.

He cited industry estimates that business process outsourcing would bring in $3.8 billion in revenues to the Philippines this year, nearly four times higher than the 2001 figure of $1 billion.

In 2001, Philippine revenues from business process outsourcing

OUTSOURCING A4



SKIMBOARDIN'

A participant shows his skill in riding the waves during the 2nd National Skimboarding Competition held at the Dahican Beach Resort in Mati, Davao Oriental, over the weekend.

Text Mary program instant hit

By Christian V. Esguerra

A TROUBLED "TEXTER" HAS confessed that his father is gay. He is praying for his father to leave his teenage lover because the relationship is immoral.

One girl sent this desperate text: She's pregnant and her boyfriend has left her. She wants him back for the sake of the baby.

A troubled mother is about to deliver her fourth child. Her two other children are enrolling in school next month. But she has just lost her job and doesn't know what to do. She sends a prayer text asking for strength and guidance.

These troubled souls are not alone. Hundreds of others have learned about their predicament

TEXT MARY A13

WEATHER FORECAST

Second FRONTPAGE

PAJERO IN GARAGE

Palace exec loses car to thieves

A MALACAÑANG OFFICIAL LOST HIS MITSUBISHI PAJERO to thieves who sneaked into his San Pedro, Laguna, home in the wee hours of Sunday as he and his family slept.

Christine O. Avendaño

COA finds overpriced farm machines in Payatas

By Philip C. Tubeza

PAGC to finish probe of fertilizer scam in May

Pacman beats taxman to the punch; tax paid secret

[illegible]



PACQUIAO

[illegible]

Military tailing KMP leader, say militants

[illegible]

Flying out? Don't carry 'dangerous' ...

Scissors, scotch tape

Palace video presents ...

Oplan Hackle

Oplan 4G

Transition government

Outsourcing seen ...

$10B by 2010

Black Saturday ...



Corrections







LENTEN RUSH

Oil firms jack up prices of gasoline, diesel again

By Abigail L. Ho

[illegible]

Main offers summer work for Pasay, Parañaque youths

[illegible]

RP asks Malaysia to speed up repatriation of detained Pinoys

[illegible]

56% of Filipinos oppose Cha-cha, says SWS

Davide calls for revamp of Comelec



DAVIDE

Beyond dispute

A political matter

Davide praying

Political dynasty, nepotism

Worthy task

Proposed reforms

Need for Cha-cha

What Filipinos want

He won't comment on signature campaign

Makati businessmen also warn GMA on hasty Cha-cha drive

No basis in Charter

Negative repercussions

Do not snub CBCP

Opposition scored

Likened to thieves

Briton wants to be nailed to cross on Good Friday

Batasan 5 hunker down in House

The Daily Gospel



Across the NATION

Mayor's resort yields 5,000 illegal logs

LINGIG, SURIGAO DEL SUR—THE DEPARTMENT of Environment and Natural Resources seized at least 5,000 pieces of logs from a fishpond owned by this town's mayor.



GRAZE LAND

Pampanga town's view of Judas won't change



Roundup

Fire fighting woes tackled

2 gunmen admit killings

2 Chinoys abducted

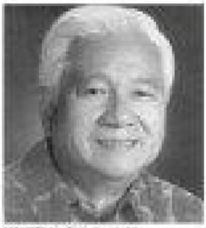
Solcom renovates building



4 rebs slain in clash

Capiz high school reunion

Residents in 17 areas prone to landslides told to move



Gov dares foe: Face me in 2007 polls

By Marlon Ramos

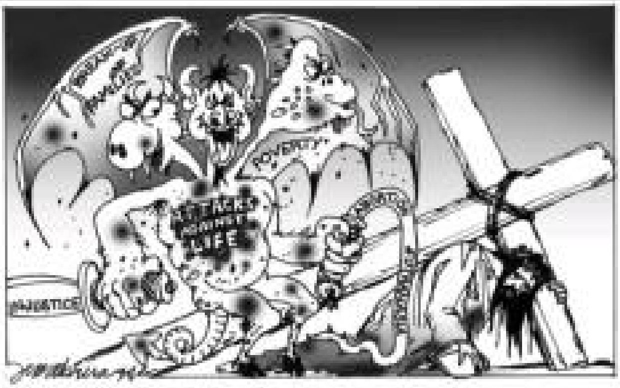
Ombudsman orders immediate suspension of Cavite governor



Abalos: People can still take back signatures

PHILIPPINE DAILY INQUIRER

OPINION



Well-documented scam

EDITORIAL

Crutches, anyone?

VIEWPOINT

Juan L. Mercado

Hiyâ

THERE'S THE RUB

Conrado de Quiros

A sad development

POLITICAL TIDBITS



Belinda Olivares-Cunanan

Is the UN ready for a woman?

AT LARGE



Rina Jimenez-David

Mandatory service

COMMENTARY

Falling star

YOUNG BLOOD

NOTICE TO YOUNGBLOOD CONTRIBUTORS

THEY SAID

Pact to disagree

Decent and honest Comelec revealing itself

VAT in the long run: cruel and deadly

LETTERS

Useless barangay officials?

Where to collect PVAO arrearages

Pro-elite agrarian reform secretaries

What's DFA policy re birth certificate?

Freedom of expression in a democracy

A Christian nation with unchristian values

Overhauling electoral system more critical

Opposition pushes snap poll

Coming to a head

The right path

An act of penitence

Text Mary program instant hit

Community prayer

How to text Mary

20 shrines

Target: P6 million



Nandito na!
LAKAS NG SUMMER SAMAHAN!
Lakas ng Globe kahit saan, kaya tuloy-tuloy ang summer samahan!
Globe Summer Tambayan
3G calling
Sound Station
Download Station
Other Globe hotspots
Globe Sunset Chill
Floating Bar
Bar 1
Cocomangas
Text SUNCOKE to 2346 for free
REGION DATE AREA
North Luzon
South Luzon
Visayas
Mindanao
Text KARAVAN to 2346 for free
Globe UNLIMITXT
Text SUNSULIT to 2346 for free
Text X3 to 2910
CALTEX
Text CALTEX to 2346 for free
Text GSUMMER to 2346 for free
sa Globe posible

A plus METRO

What's Inside

- Cops under attack in Pasig, Marikina /A16



- Old-style 'Pabasa' a crowd-drawer at Quezon Memorial Circle /A16

4 Pasig ambush suspects charged

By Edson C. Tandoc Jr., Luige A. del Puerto

[illegible]



SUSPECT Capili shortly after his arrest.

Not a fair exchange, say studes

By Margaux C. Ortiz

[illegible]

Pasig, Marikina cops advised to be more careful

Old-style 'Pabasa' at QC Memorial Circle



DEVOTEES have been flocking to the Quezon Memorial Circle for 11 years now for the traditional "Pabasa."

METROBRIEFS

Hospital shutdown

Not on sale

Hostage-taking in QC

Shame and scandal at Prosecution Service

ON TARGET



Second chance around for ex-PN man

By Tina G. Santos



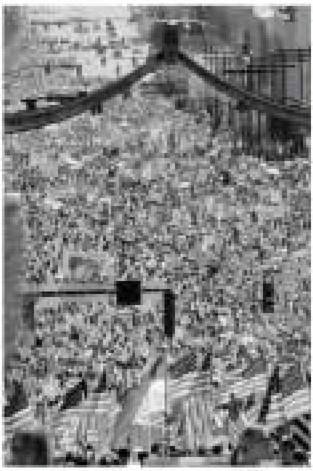
CORPUZ: "God wanted me to do something meaningful."

A second chance

'Not now, Father'

Closer to Mary

MMDA kicks off 'Operation Semana Santa'



Hundreds of thousands march for immigrant rights across US



Alarm over possible US strike on Iran

Brazil's use of ethanol road to energy freedom

Stampede in Karachi kills 29



LOVE IN THE AFTERNOON

EU slaps visa ban on Lukashenko

Populist leads in Peru election



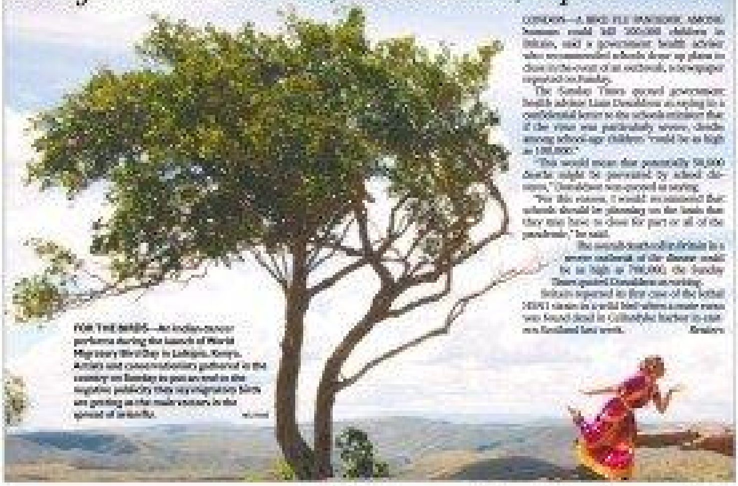
The WORLD

Top US Marine regrets Iraq invasion

WASHINGTON—THE THREE-STAR MARINE corps general who was the military's top operations officer before the invasion of Iraq expressed regret, in an essay published Sunday, that he did not more energetically question those who had ordered the nation to war. He also urged active-duty officers to speak out now if they had doubts about the war.

[illegible] AFP

Bird flu could kill 100,000 UK kids, report warns



[illegible] Reuters

Great news for crops: Antifreeze gene found

[illegible] Reuters

Indian farmer kills self over bird flu losses

[illegible] AFP

Berlusconi battles for political survival

[illegible] Reuters



SILVIO Berlusconi



ROMANO Prodi

Protesters defy day curfews across Nepal

[illegible] AFP

SPORTS

Editor: Teodoro S. Molina Jr.

'Lefty' does it right—again



LAST year's winner Tiger Woods slips the green jacket on the shoulders of Phil Mickelson (right) after golf's most important left-hander bagged the 2006 Masters championship at the Augusta National Golf Club in Augusta, Georgia, Sunday. Woods settled for third place this time, in a tie with four others.



MICKELSON salutes the Augusta gallery after holing out on the 18th green.

Mickelson nails second victory by 2 at Augusta

AUGUSTA, GEORGIA—Once known as the lovable loser who went a dozen years before he figured out how to win golf's biggest tournaments, Phil Mickelson captured his second straight major at the Masters on Sunday.

[illegible]

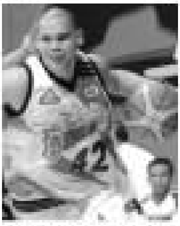


Fourth round of Masters at a glance

AUGUSTA, GEORGIA—A LOOK AT Sunday's final round of the Masters at Augusta National:

- WINNER: Phil Mickelson, who shot a final-round 3-under 69 for 281.
- CLOSE BEHIND: Tim Clark holed a bunker shot on the 18th hole to finish at 283. Another shot back were five players tied for third place.
- [illegible]

Seigle, Antonio share Player of Week plum



COMPLETELY different Danny Seigle

Painters gun for lead vs Tortillos



New PBA format up; Compton bypassed

By June Navarro

Iligan dribblers pip Montaña in OT

Sportswatch

Coach E cage clinic listing still open

Online registration for rich poker tourney

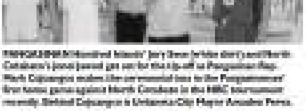
Friendship

Spectator

Al S. Mendoza



LAGUN CUP



62 VICTORIES

Pistons near franchise mark



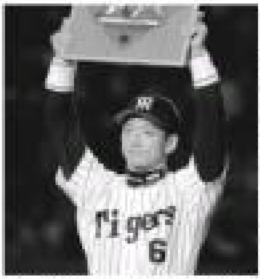
NEW YORK—TAYSHAUN Prince scored all 17 of his points in the second half as the Detroit Pistons moved to within one win of a franchise record for victories with a 98-75 win over the Indiana Pacers in National Basketball Association play Sunday in Auburn Hills.

'Lefty' does it right — again



Argentina hosts Australia; Russia plays US Cuppers

Red Sox, Yankees hurdle opponents



Wang aims to play for China five

Aussie swimmers boost stock; Chinese move up





Laylo keeps lead;Yap stuns Gonzales

Taguig five regains old form, rips Sta. Rosa

Final day kick from jins give Malate crown





FBL clinics with Banal

Underwater hockey clinic

Esguerra, Puyat top earners again

CLEAN LIVING

Manolo R. Iñigo



ENTERTAINMENT



Trouble on Sesame Street



SHELDON Bailey: "We were told the level of talent in the Philippines is fantastic."

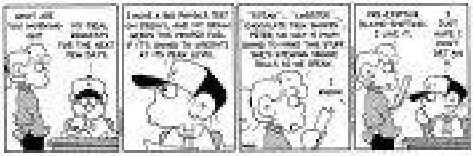
'Idol' producer leads RP team

INQUIRER EXCLUSIVE

Massive

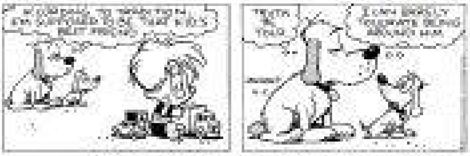
Six months

FOXTROT BY BILL AMEND

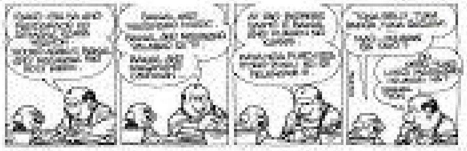




MARVIN BY TOM ARMSTRONG



PUGAD BABOY BY PAL JUNIOR

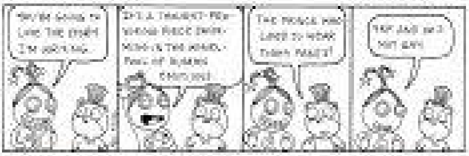


BABY BLUES BY JERRY SCOTT

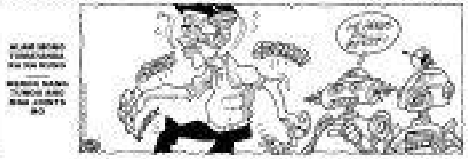


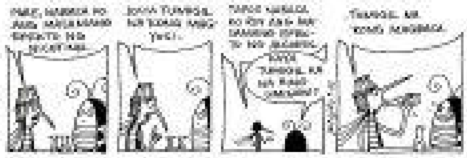
MUTTS BY PATRICK McDONNELL



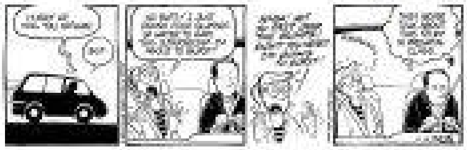


DIVINE COMEDY





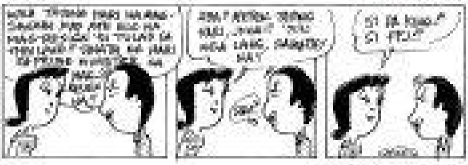
BEN BY DANIEL SHELTON



KIKO MACHINE



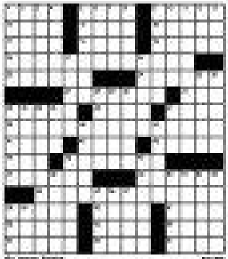
LOVENOTES

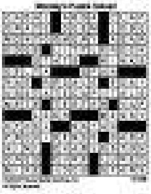




Horoscope

Daily Crossword





Origins of theater world's superstitious beliefs unearthed

Viewfinder



Other superstitious beliefs

Anak TV screenings

METRO MANILA

CINEMA 1
TRISTAN & ISOLDE

CINEMA 2
ICE AGE 2

- EIGHT BELOW
- FINAL DESTINATION 3
- VENOM
- RESERVED
- SHE'S THE MAN
- TRISTAN & ISOLDE
- JUST FRIENDS
- BANDIDAS
- MOMENTS OF LOVE
- ICE AGE 2
- ULTRAVIOLET
- CHINESE TALL STORY

- EIGHT BELOW
- JUST FRIENDS
- MOMENTS OF LOVE
- ICE AGE 2
- ULTRAVIOLET
- VENOM
- TRISTAN & ISOLDE
- BANDIDAS

- EIGHT BELOW
- TRISTAN & ISOLDE
- MOMENTS OF LOVE
- ICE AGE 2

- V FOR VENDETTA
- JUST FRIENDS
- FINAL DESTINATION 3
- VENOM
- MOMENTS OF LOVE
- TRISTAN & ISOLDE
- BANDIDAS
- EIGHT BELOW
- ICE AGE 2
- SHE'S THE MAN
- ULTRAVIOLET
- NANNY McPHEE

- ICE AGE 2
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- ICE AGE 2

- ICE AGE 2
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- TRISTAN & ISOLDE
- BANDIDAS
- JUST FRIENDS
- ICE AGE 2
- SHE'S THE MAN
- EIGHT BELOW
- V FOR VENDETTA
- FINAL DESTINATION 3
- MOMENTS OF LOVE
- VENOM
- ULTRAVIOLET
- CHINESE TALL STORY

- ICE AGE 2
- EIGHT BELOW
- TRISTAN & ISOLDE
- MOMENTS OF LOVE
- BANDIDAS
- VENOM
- CHINESE TALL STORY
- SHE'S THE MAN
- JUST FRIENDS

- ICE AGE 2
- MOMENTS OF LOVE
- EIGHT BELOW
- TRISTAN & ISOLDE

- ICE AGE 2
- EIGHT BELOW
- MOMENTS OF LOVE
- BANDIDAS

- ULTRAVIOLET
- EIGHT BELOW
- SYRIANA
- ICE AGE 2

- FINAL DESTINATION 3
- MOMENTS OF LOVE
- ICE AGE 2
- VENOM

- EIGHT BELOW
- MOMENTS OF LOVE
- ICE AGE 2
- V FOR VENDETTA

LUZON

- FINAL DESTINATION 3
- VENOM
- ICE AGE 2
- TRISTAN & ISOLDE
- EIGHT BELOW
- MOMENTS OF LOVE
- BANDIDAS
- ULTRAVIOLET

- SHAGGY DOG
- ULTRAVIOLET
- MOMENTS OF LOVE
- ICE AGE 2

- EIGHT BELOW
- ULTRAVIOLET
- BIG MOMMA'S HOUSE 2
- ICE AGE 2
- TRISTAN & ISOLDE
- MOMENTS OF LOVE

- HOUSE OF FURY
- ICE AGE 2
- V FOR VENDETTA
- MOMENTS OF LOVE

- ICE AGE 2
- MOMENTS OF LOVE
- SHE'S THE MAN
- VENOM

- ULTRAVIOLET
- TRISTAN & ISOLDE
- BIG MOMMA'S HOUSE 2
- ICE AGE 2
- SLOW ROAD
- V FOR VENDETTA
- MOMENTS OF LOVE
- FINAL DESTINATION 3

VISAYAS MINDANAO

- HOUSE OF FURY
- RESERVED
- ICE AGE 2
- FINAL DESTINATION 3
- MOMENTS OF LOVE
- VENOM
- RESERVED
- EIGHT BELOW

- CASANOVA
- NANNY McPHEE
- MOMENTS OF LOVE
- THE DAWN
- SYRIANA
- ICE AGE 2

- ULTRAVIOLET
- RESERVED
- SHAGGY DOG
- ICE AGE 2

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GALLERIA

1 LUCKY NUMBER SLEVIN - THE
6 TRISTAN AND ISOLDE Sneak Preview
2 ICE AGE 2
7 MOMENTS OF LOVE
3 BANDIDAS
8 JUST FRIENDS
4 EIGHT BELOW Sneak Preview
9 SHE'S THE MAN
5 THE HILLS HAVE EYES
10 BASIC INSTINCT 2

ERMITA

1 ICE AGE 2
2 TRISTAN AND ISOLDE Sneak Preview
5 BANDIDAS
3 JUST FRIENDS / BASIC INSTINCT 2
6 EIGHT BELOW Sneak Preview
4 MOMENTS OF LOVE
7 THE HILLS HAVE EYES

METRO EAST

1 JUST FRIENDS
5 EIGHT BELOW Sneak Preview
2 ICE AGE 2
6 BASIC INSTINCT 2
3 THE HILLS HAVE EYES
7 BANDIDAS
4 TRISTAN AND ISOLDE Sneak Preview
8 MOMENTS OF LOVE

NOVALICHES

1 THE HILLS HAVE EYES
2 BASIC INSTINCT 2
3 MOMENTS OF LOVE
4 TRISTAN AND ISOLDE Sneak Preview
5 ICE AGE 2
6 EIGHT BELOW Sneak Preview

CITISQUARE MALABON

1 THE HILLS HAVE EYES
2 MOMENTS OF LOVE
3 RESERVE
4 RESERVE

PIONEER

1 BANDIDAS
2 ICE AGE 2
3 THE HILLS HAVE EYES
4 GRANDMA'S BOY

STA. ROSA

1 ICE AGE 2
2 ULTRAVIOLET
3 THE HILLS HAVE EYES
4 MOMENTS OF LOVE
5 EIGHT BELOW Sneak Preview

LIPA

1 ICE AGE 2
2 VENOM
3 HOUSE OF FURY
4 MOMENTS OF LOVE
5 V FOR VENDETTA

DASMARIÑAS

1 ICE AGE 2
2 NANNY McPHEE
3 MOMENTS OF LOVE
4 THE HILLS HAVE EYES
5 TRISTAN AND ISOLDE Sneak Preview

ANGELES

1 ULTRAVIOLET
2 MOMENTS OF LOVE
3 BIG MOMMA'S HOUSE 2
4 ICE AGE 2

IMUS

1 EIGHT BELOW Sneak Preview
2 TRISTAN AND ISOLDE Sneak Preview
3 SHE'S THE MAN
4 THE HILLS HAVE EYES
5 MOMENTS OF LOVE

STARMILLS

1 LUCKY NUMBER SLEVIN
2 NANNY McPHEE
3 MOMENTS OF LOVE
4 ICE AGE 2
5 BIG MOMMA'S HOUSE 2
6 ULTRAVIOLET

BACOLOD

1 VENOM
2 SHE'S THE MAN
3 ICE AGE 2
4 SHAGGY DOG
5 MOMENTS OF LOVE
6 EIGHT BELOW Sneak Preview

ILOILO

1 HOUSE OF FURY
2 MOMENTS OF LOVE
3 NORTH COUNTRY
4 VENOM
5 ICE AGE 2
6 EIGHT BELOW Sneak Preview



ELMO

Trouble on ...

From page A1

veloped the shows with help of experts from Zero to Three, a well-regarded nonprofit advocacy group.

Despite that prestigious partnership, the project has drawn fire from critic experts who note that the American Academy of Pediatrics advises against TV viewing for children under 2. They fear the Sesame brand and Zero to Three's endorsement will convince many parents their infants would benefit from watching videos.

"There is no evidence that screen media is beneficial for babies, and growing evidence it may be harmful," said the Boston-based Campaign for a Commercial-Free Childhood.

Huge market

There already is a huge TV market for videos aimed at infants. "Teletubbies" has been on the air for nearly a decade, sometimes drawing similar criticism, and The Walt Disney Co.'s Baby Einstein products are very lucrative.

Sesame Workshop had stayed out of this field, but says it now has found an effective way to promote interaction between parents and children under 2—something its says other shows do not do well.

"We didn't go into this in an impulsive way," said Rosemarie Truglio, Sesame Workshop's vice president of education and research. "We wanted to invite the parent into the viewing situation."

Baby Elmo

The videos show characters such as Baby Elmo and Baby Big Bird with their parents or caregivers, going through daily routines like feeding and bedtime.

Truglio contends there is no scientific research justifying the "extreme recommendation" from the pediatrics academy to keep the youngest children away from TV.

"We're not advocating just plopping kids in front of a TV screen," she said.

Dr. Kyle Pruett, a child development expert at Yale University and member of Zero to Three's board, initially was skeptical of the new videos but said his views have changed.

"These are the absolute antithesis of park your baby in front of the TV kind of videos," he said. "They are thoughtful, informative—it's not a corporate campaign trying to draw kids into TV life." AP

Gretchen B on the text . . .

[illegible]

How's Dirck Live!

[illegible]

Speaking of peace

[illegible]

ENTERTAINMENT

Gretchen B on the text spat: Bong hasn't stopped calling



GRETCHEN Barretto

DOLLY WOOD

Dolly Anne Carvajal



LANI Mercado and Bong Revilla

'I have turned off my phone,' she says. 'I need to rest'

Heaven on earth



BUSINESS



DOTC gets go-ahead to bid MRT 7

'Swiss challenge' to generate cheapest price for rail venture

THE GOVERNMENT WILL OPEN the Metro Rail Transit Line 7 project to bidders later this month as part of its effort to get the cheapest price for the proposed rail link from Quezon City to Bulacan.

WHAT'S INSIDE
SMC claims no deal over Del Monte
BREAKTIME
Walk in the perks

'Hot money' inflow thinned in 1st quarter

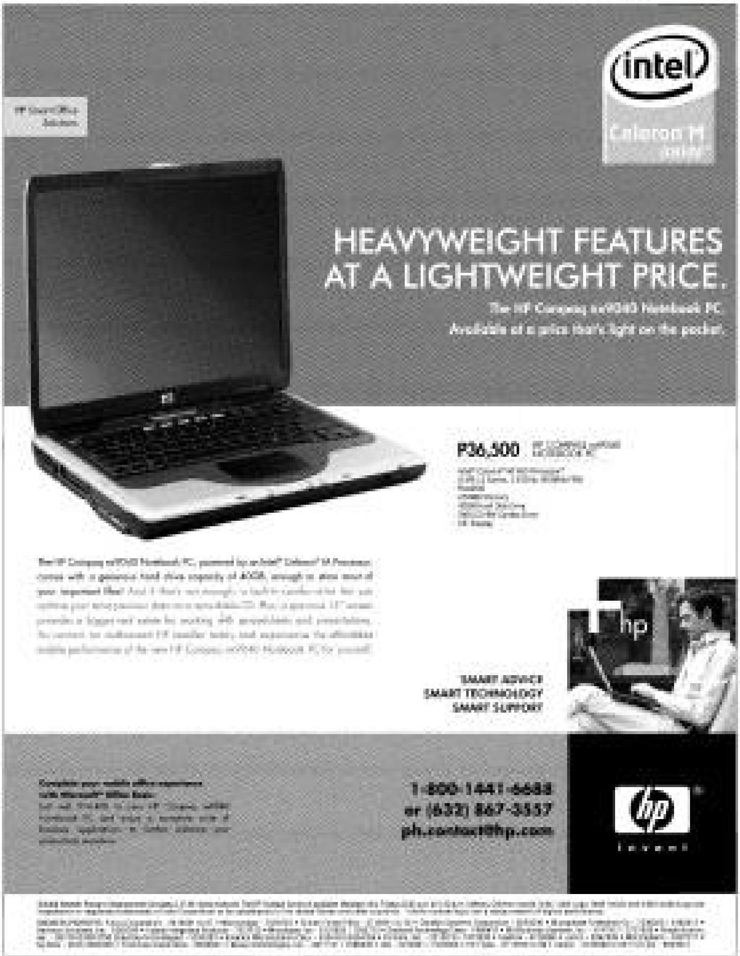
CURRENCIES



STOCK MARKET



Stocks fall ahead of Easter break





SMC claims no deal over Del Monte

Macondray to be treated like any supplier, says beverage firm

By Elizabeth L. Sanchez

Walk in the perks

Breaktime



Conrado R. Banal III

Megaworld offer raises P5.14B

Belle Corp. '05 income up 234%

CAP clients see hope in SC order

R and R

Mr. Bearbull



Stocks fall ahead ...

BOI-registered projects hit ₱5.5B

Q1 investment flows slower than last year; seen to pick up in a few months

By Russell W. Domingo



EXPORTBANK expects to have the cleanest balance sheet in the industry soon.

Exportbank selling ₱10B worth of NPLs

By Doris C. Dumlao

CDC, Transco to build ₱500-M transmission line

By Abigail L. Ho

BIR told to press for payment of PDIC's back taxes, penalties

By Michelle V. Remo

Gov't gets go-ahead to bid MRT 7 project

'Hot money' inflow thinned in 1st quarter

People, Events & Products

Gunn Report shows humor wins awards



PUYAT STEEL PARTNERS WITH CONEX 2006 CONVENTION, EXHIBIT

Helping Filipinos become entrepreneurs

MR. MUSCLE TRAIN AT THE MRT



TRANSPORT SHOW 2006 SPONSOR



MMP HONORS TOP SALES AGENTS



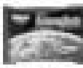




LEARN TO SWIM AT CLUB MANILA EAST

Product Files

An ideal meal for Lent



A life-cleansing advice from C-Lium Fibre



Giggles Baby Wipes takes good care of your baby





11TH CONSTRUCTION SHOW CEBU

Bits & Clips

Sun Cellular's IDD Top 10

A Lenten treat from Greenwich

SNHS '46 Diamond Jubilee

PLAY before you buy /C4

LifeStyle

EXERCISE OF THE WEEK

Inner thigh and oblique lift

This Pilates-inspired exercise strengthens the inner thighs and the obliques (muscles that crisscross the waist).

Equipment:

Exercise mat and mini ball (you can use any small plastic or rubber ball you have at home).

Exercise technique:

1. Lie sideways with your elbow directly under your shoulder. Place the ball between your ankles.

2. Straighten your legs and bring them slightly forward. Gently tilt your upper body backward, so that you are facing the ceiling at an oblique angle. Raise your other arm to shoulder level for balance.

3. Exhale as you lift your legs; inhale as you lower them down.

Performance tips:

1. The mini ball helps you keep your legs together.

2. Pull up tall from the shoulders. Do not allow your shoulders to sag downward toward the mat.

3. Tighten up the muscles of the trunk and legs before you attempt to lift the legs off the mat.

4. Start and finish the exercise with the legs already lifted a few inches off the floor.

5. This is an advanced exercise. Do not do it if you have lower back problems.

Repetitions:

Do five to 10 repetitions on each side.

Beer may not be the only reason for that belly

WELL AND GOOD

Tina Jison

IS THERE REALLY SUCH A thing as a beer belly or a beer gut?

According to a recent study, blaming beer for a big belly is not quite accurate. Researchers found that your drinking pattern may have more influence on how big a belly you will get from alcohol.

Abdominal height

Alcohol has calories and any source of excess calories will make you gain weight. But scientists at the University of Buffalo wanted to uncover the relationship between alcohol and fat specifically deposited in the abdomen.

They used a measurement called "abdominal height." This is the height of the abdomen from the torso when you lie on your back. It is an external indication of visceral fat or the fat that lies deep inside the torso surrounding the internal organs. This is the type of fat associated with heart disease and diabetes.

Drinking pattern

The study looked at frequency (monthly), [illegible] (how many drinks per drinking day), and type of drink.

Participants in the study were men and women between ages 35 and 79. On the average, they were overweight (body mass index of 28).

They were classified into daily drinkers, weekly but less than daily drinkers (drank more than one time per week but not daily) and less than weekly (drank less than one time per week).

Weekly drinkers were further divided into weekend-only drinkers (Friday, Saturday or Sunday) and throughout the week drinkers (drank on weekdays and weekends).

For this study a "drink" was considered to be 355 ml of beer (12 ounces), 148 ml of wine (five ounces) and 37 ml of liquor (1.2 ounces). This is similar to the guidelines set by American health authorities for a "standard drink." The only difference is liquor, which is 1.5 ounces (straight or in cocktail drink).

Type of alcohol

Among women, wine drinkers had the lowest abdominal height and liquor drinkers had the highest. Beer drinking was not associated with "centrally located fat."

For the men, beer and liquor drinkers had similar abdominal heights and wine drinkers had the lowest height.

Ethnicity

Other studies found different results for varying ethnic backgrounds (the researchers used raw waist-to-hip ratio). Could it be that different races metabolize alcohol differently? More research is needed.

Japanese: Only shochu (and no other type of beverage) was associated with a bigger belly. Shochu is similar to sake except sake is brewed and shochu is distilled.

French: Women drinkers of wine and beer had a bigger waist-to-hip ratio but no association was seen in men. Liquor had no effect for both sexes.

Caucasian: For men, there was a bigger waist-to-hip ratio for drinkers of beer, wine and liquor. For women it was only liquor and beer.

African-American: Beer, wine and liquor gave men a big belly but, for women, only beer and wine had an effect.

Swedes: Women drinkers were affected by liquor but not by beer or wine.

Czechs: There was no link between drinking beer and a beer belly in men and women.

Frequency

[illegible] weekend-only drinkers had a greater abdominal height than those who drank the same amounts but did so throughout the week.

In men, abdominal height remained the same whether they were

SEE [illegible]

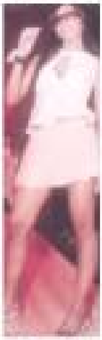






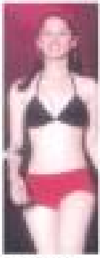


Kickoff makes it official—summer's here



HEY, IT'S TIME FOR SUMMER fun again, palangga.





WITHOUT BATTING AN EYELASH



Maurice Arcache

New jewel















Cleansing guide for body, mind, spirit

INSIDE OUT

Cory Quirino



Just for a day

Body

Mind

Spirit

Mary Magdalene, the woman Jesus loved

INNER AWARENESS

Jaime T. Licauco



Unprecedented

Favored

Hybrids are more versatile



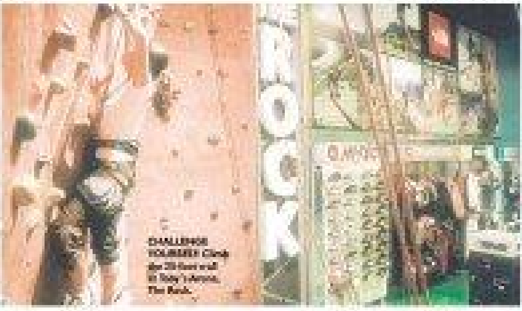
PRINCE re-engineers its Hybrids.

Beer may not be the only reason

From page C1

Number of drinks

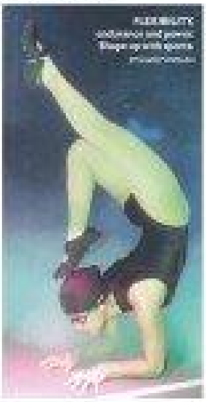
Take-home message





Find your game then buy your gear

Toby's wants to make sport shopping an experience



DISCOVER YOUR KIND OF sport through the country's first-ever interactive sports house.

First in the country





Expert help

Innovation marks Freedom Camp







